**INFORMATION FOR FEMALE PATIENTS**

**What is sexual dysfunction?**

Sexual dysfunction is a broad term with many meanings. If you are having any problems with sexual desire, arousal, orgasm, and/or resolution after sex, you may have some type of sexual dysfunction.

You are not alone. About 40% of women in the world report some kind of sexual problem at some point during their lifetime. Some women have problems with sex throughout their adult lives, while others develop problems later in life.

Some problems might include:

* Having pain during sex
* Not becoming aroused or "excited" during sex
* Not having an orgasm during sex
* Not wanting to have sex

**What causes these problems?**

There are many reasons why women experience problems with sex. Women may experience problems due to certain medical conditions that they have, or certain medicines that they are taking. Problems between partners in a relationship can be a source of sexual dysfunction. Mental health issues, like depression and anxiety, can be linked to problems with sex as well.

Some conditions that can lead to issues with sex include:

* Vaginal dryness or pain
* Mood problems, like depression
* Medical problems, like cancer
* Menopause

**What can be done?**

There are lots of different treatments and therapies for sexual dysfunction, and they depend on what is causing the sexual problem.

If you think you and your partner may be having problems in your relationship, you can try:

* Talking to your partner about how to make sex better
* Read books or websites about sex
* Go to counseling either separately, other together as a couple

If you are having pain or dryness with sex, many women find vaginal lubricants to be helpful. You can buy these at the store without a prescription. If lubricants are not enough, vaginal moisturizers are also available over the counter.

Lubricants:

* K-Y Jelly
* Astroglide

Vaginal Moisturizers (Use 2-3 times per week):

* Replens
* K-Y SILK-E

**When should you go to go to the doctor?**

If you don't know why you are having sex problems, your doctor can help you figure it out. He or she will talk with you and do an exam. Remember to bring all your medications when you see your doctor because medicines can sometime be the cause of sexual problems.

**What kind of treatments might my doctor recommend?**

There are many different treatments, depending of what kind of sexual problem you are having.

Some treatments include:

* Using vaginal lubricants and moisturizers or a prescription cream (usually estrogen) to treat vaginal dryness
* Getting treatment for mood problems, if you have mood problems
* Working with your doctor to change any medicines you take that might be causing sex problems
* Working with physical therapy to help loosen the muscles around your vagina so that you do not have pain during sex
* Some women who have experienced menopause get benefit from hormone therapy